

Home Cooking Information

If preparing or cooking food at home to be brought to church for church meals eg contact meals, Alpha and bring and share, that are provided but not sold please observe the following:

Personal Hygiene

- Always wash your hands before handling food.
- Always wear clean and suitable clothes that will not give rise to contamination of food from (for example) pet hairs, woollen fibres, loose buttons, etc.
- Before preparing food remove excess jewellery, broaches etc as jewellery harbours dirt and bacteria, and it can fall into food.
- If you have a cut make sure you cover it with a waterproof dressing, not a gauze dressing.
- If you have any of the following symptoms do not attempt to prepare and handle food for consumption by other people:
 - sores, boils, septic lesions or any other type of skin condition
 - vomiting and/or diarrhoea
 - Covid, flu and colds
- You can start preparing food 48 hours after the symptoms have stopped.

The kitchen

- Make sure food contact surfaces, bowls and utensils are clean before preparing food. Disinfect food contact surfaces with a suitable disinfectant.
- Never use equipment and/or utensils for raw foods and then cooked foods without cleaning and disinfecting it between uses. Ideally, use separate equipment for raw and cooked foods.
- Do not allow pets into the kitchen while cooking as they harbour bacteria and potential hair contamination.

Ingredients

- Make sure ingredients are of good quality, and do not use food that is out-of-date, and past its "use-by" or "best-before" date.
- Never add raw shell egg (yolk or white) to a ready-to-eat product, for example as an ingredient for icing or mousse etc.

Safe storage of Ready-to-eat food

- Cover the food - it must be protected from contamination:
 - Bacterial contamination from - raw foods, refuse, dirty hands, animals, insects etc. Keep ready-to-eat foods, such as cakes and biscuits away from raw foods; wash hands before handling, and use clean equipment/utensils to store and handle the food.
 - Chemical contamination from - cleaning agents, disinfectants etc. Keep them away from the food.
 - Physical contamination from - hair, jewellery, buttons, pet hair, etc

Safe storage of Cakes

- Cheesecake and products that contain cream must be kept in a refrigerator at 8°C or less.
- You can keep cakes and baked goods with high sugar content in:
 - airtight containers - this will prevent mould growth through absorption of moisture from the atmosphere
 - the fridge - cakes will last for longer, but their quality may be affected
- Any cakes with high moisture additions, such as cream added after baking, should not be left at room temperature. They must be stored chilled (in the fridge) and eaten within the use-by date of the added product.
- There are some types of icing, such as ganache and buttercream, that can be kept outside the fridge. It's best to store them somewhere cool and dry. Check the guidelines for storage of the particular icing product you will be using.

Transport of food

- Products should be placed in a clean food-grade container, preferably with a tight-fitting lid.
- If possible, cheese, cake and products that contain cream/butter-cream icing should be kept cool with the aid of frozen ice-block.
- Make sure the vehicle is clean and does not present a risk of contamination to such products.
- Food should be stored according to instructions on packaging.
- Food that is refrigerated or frozen should be in an appropriate and sealed container (with lid) and labelled with date and content.

- Fridge and/or freezer temperature should be checked before storing food.

Allergic reactions and anaphylaxis

- Minute amounts of food-allergens can cause allergic reactions in some people. Always clean down thoroughly if allergens such as peanuts, other nuts, milk, etc have been prepared in the kitchen recently.
- All food that is prepared at home must be assumed to contain allergens unless someone can categorically state to the contrary.

Labelling of food

- All food that is prepared at home should be labelled as potentially containing allergens unless it is categorically possible to label it otherwise such as gluten free.
- A list of ingredients should be provided with the food that is being brought in.

Using jam jars

It is safe to re-use glass jam jars occasionally to supply home-made jam or chutney as long as the jars are properly washed. If jam jars are re-used, they should be free from chips and cracks, and should be sterilised prior to each use.

Well-fitting lids will also minimise any hygiene risks to the food in the jars.

Additional restrictions

- Main courses cannot be cooked at home and brought in
- Nothing can be cooked at home using meat that is to then be reheated
- If cooking meat or fish dish at home to bring in that will be eaten cold then you must follow the meat/fish cooking guidelines. Ask Janet Binns for the guidelines. The food must then be transported as per the guidelines above.

List of common allergens (may not be an exhaustive list)

Cereals containing gluten

Dairy

Eggs

Nuts

Peanuts

Sesame seeds

Bromham Baptist Church

Soya

Mustard

Celery

Sulphur dioxides/Sulphates

Fish

Crustaceans

Molluscs

Lupin

Orange

Strawberry

Mushroom

Onion

Other eg glucose

I have read and agree to comply with this information.

Name:

Signature:

Date: